

Baked Squash

Rating: ★★★★★

Makes: 4 Servings

Ingredients

vegetable cooking spray
1 squash Butternut (or acorn) squash
a pinch Salt
2 **tablespoons** margarine
2 **tablespoons** brown sugar
1 **teaspoon** cinnamon
1/4 **teaspoon** ginger

Directions

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. Wash the squash.
4. Cut the squash in half lengthwise on the cutting board.
5. Scoop out the seeds and strings. Cut in 1/2-inch slices.
6. Place the squash on the baking sheet.
7. Sprinkle with salt.
8. Melt margarine. Add brown sugar, cinnamon and ginger.
9. Spread margarine mixture on squash.
10. Bake 20 to 25 minutes or until tender.
11. Enjoy!

Notes

Serving Size: 1/4 of a butternut squash

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